

## SENIOR CITIZEN SERVICES

# The Scroll

## SEPTEMBER, OCTOBER, NOVEMBER 2018

### Senior Citizen Services Staff

**Kristi Fenick, District Manager**

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**Sinthya Carranza, Recreation Specialist**

**Jazmin Garcia, Assistant Recreation Center Director**

**Adolfo Herrera, Recreation Leader II**

The Senior Citizen Services office is located in the lobby of the City Administration Building, 202 C Street, San Diego, CA 92101.

The Senior Citizen Services office and Balboa Park Senior Lounge will be closed on: September 3 (Labor Day), November 12 (Veteran's Day), and November 22 (Thanksgiving Day). To join our mailing list, or for more information, please call (619) 236-6905.

*Throughout this newsletter there are a number of advertisements and community-sponsored activities. The City of San Diego does not necessarily endorse the services offered by these organizations.*

**Visit us on the web at:**

**[www.sandiego.gov/park-and-recreation/activities/seniorservices/](http://www.sandiego.gov/park-and-recreation/activities/seniorservices/)**

**Senior Citizen Services • Parks and Recreation  
202 C Street, MS 1-A, San Diego, CA 92101  
Tel: (619) 236-6905, Fax: (619) 236-6909**

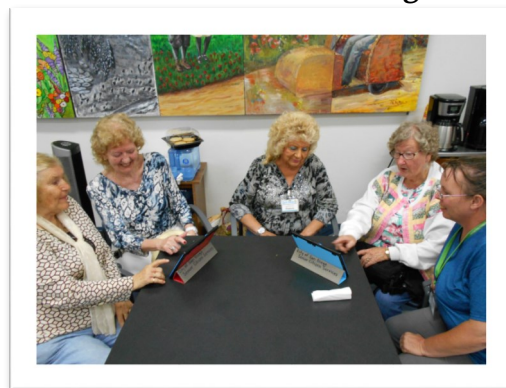
# Announcements

## Table of Contents

Announcements/Online Registration	2-3
Volunteer Updates	4
Program Highlights	5
Senior Craft Sale	6
Senior Trips	7-8
Dances	9
Senior Lounge	10-11
Lunch & Learn	12
Activities at the War Memorial Building	13
Activities at the Santa Fe Room	14
Co-Sponsored Events	15
City of San Diego Parks & Recreation Programs	16
Community Events	17
Calendar Overview	18-20
Sponsored Events/Advertisements	21-23

## Sponsor Highlight

From the City of San Diego Senior Citizen Services:  
**Thank you San Diego County Employees' Charitable Organization (CECO)**  
 for your generous contribution to our  
 Balboa Park Senior Lounge!



CECO's contribution helped pay for two tablets which have proven to be very useful for several of our activities. Participants are learning how to use them in the Tech Tutor class, they have been helpful in training volunteers on how to register participants for programs and they are also being used for Art class.

### Amazon Smile Fundraiser

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **DSAC/Senior Services** when you shop at AmazonSmile. Follow these easy steps: Shop under your normal Amazon login at smile.amazon.com. Once you are prompted to choose an organization to donate to, select Disabled Services Advisory Council, Inc. in San Diego, California. All proceeds will benefit programs for people with disabilities and senior citizens.

### Ralphs/Food 4 Less Fundraiser

**Everyone must re-register their cards every September.**

If you register your Ralphs and/or Food 4 Less cards, DSAC/Senior Services will earn a percentage of your purchase to support Senior programs. Log onto [www.ralphs.com](http://www.ralphs.com) and/or [www.food4less.com](http://www.food4less.com) or call (800) 443-4438.

## Got Scroll?



Would you like to receive the Scroll by mail or email?

Call us at (619) 236-6905 to be added to our quarterly Scroll mailer.

To see our Scroll online, visit:

<https://www.sandiego.gov/park-and-recreation/activities/seniorservices/>

Click: "View Our Senior Scroll"

# Announcements

## Daily Social Call

Senior Citizen Services staff and volunteers make daily social calls to interested senior citizens. Calls are made between 8:00am-10:00am. Call (619) 236-6905, if you would like to receive a daily social call, or for more information about this free service.

## Welcome Jana!



Jana will be completing her internship in Recreation Therapy this Fall. She is a senior at Brigham Young University Idaho and is originally from Springville, Utah. She is excited to experience new adventures in San Diego. Jana grew up in a large family that loved road trips and game nights. Some of her interests include reading, hiking, figure skating, kenpo, cooking new foods and traveling. She believes that everybody, regardless of age or ability, deserves to live their lives with passion and can't wait for the opportunity to work with and learn from the staff and participants at San Diego Senior Citizen Services.

## 43rd Annual Senior Art Contest

### CATEGORIES

\*ACRYLIC \*DRAWING\*PASTEL\*  
\*MIXED MEDIA\*OIL\*WATER COLOR\*  
\*3D and WOODWORK\*

Artwork will be displayed in the lobby of the  
City Administration Building  
202 C Street, San Diego, 92101  
from September 4 - 14, 8:30am-4:30pm

Please come by to look at the art work on  
display and cast your vote for  
People's Choice Award

## Online Registration

Welcome to Senior Citizen Services! The following is information on how to register for our programs.



**Please note:** Walk in registration starts on Saturday, August 18, between 10:00am and 2:00pm at the War Memorial Building (3325 Zoo Dr., San Diego, room 6). You may also make an appointment at the Senior Citizen Services office (202 C St., San Diego, lobby floor), by calling (619) 236-6905. Payments can be made with a credit card, check or cash (exact change needed) when paying in person.

**Make check payable to: City Treasurer. \$25.00 fee for Non Sufficient Funds.**

To be eligible for program participation, you **must create a profile online** using the online registration system: [www.SDRecConnect.com](http://www.SDRecConnect.com).

**Fall registration starts August 18, 10:00am \* Winter registration starts November 17, 10:00am**

**First Time Online Customers** - Click "Create an Account". Fill out New Account Request form completely for the primary responsible person, including all required fields (birth date, gender, email address, etc.). Click submit (or Submit & Add Family Member to add family members). Upon completion, an email will be sent to the email address you provided. Check your email for a confirmation message for a special first-time activation link. You will not be able to use your new account until you've used this special link. Check your spam email file if you do not see the confirmation message email. To avoid duplication, be sure to let others in your household know you've set up the account. **(All registrations include a \$2.00 transaction and 3% credit card fees at check-out).**

When registering for programs/trips online, use the registration code listed in the Scroll newsletter. If you do not have an email, you will need to register and pay for programs/trips at the office. For assistance setting up your profile, please visit us, Monday - Friday from 8:30am - 4:30pm, at the War Memorial Building or call for an appointment at the City Administration Building, Senior Citizen Services. We are here to help!

# Volunteer Updates

*"Life's most persistent and urgent question is, What are you doing for others?"*  
— Dr. Martin Luther King

## Happy Birthday!

Please join us in celebrating the following Senior Citizen Services' volunteer birthdays:



SEPTEMBER	OCTOBER	NOVEMBER
Cecilia L - 13	Steve T - 20	Juan Z - 9
Lina R - 14		Joyce M - 11
John C - 21		Bob J - 17
Virginia W - 21		Marlys E - 18
Christophver R - 23		Mark F - 18
Marlene G - 24		Leo D - 26
		Frances C - 29



## Welcome to our new Volunteers!

**Nancy G** - Your knowledge will be a wonderful addition to the senior office.  
**Bonnie H** - Your enthusiasm will be a wonderful addition to the senior office.

## Senior Lounge Activity Leader

Do you have a special talent or hobby? Are you interested in teaching your skills to others or leading a group of peers that has the same interest? We are in constant search of new activities at Senior Citizen Services. If you are 17 years or older, please consider sharing your passion or hobby with others and become an activity leader. Currently, we are in need of a activity leaders in the following areas:

**Mah Jongg, Board Games, Card Games, and our Walking Group.**

**We are currently in need of volunteers to help at our bi-monthly senior dances.  
Held on the second and fourth Thursday of each month (1:00PM-4:00PM).**

## Park de la Cruz Volunteers Needed

We are recruiting for Office Ambassadors and Activity Leaders to volunteer their time at our new site, Park De La Cruz located on Landis Street, in City Heights, which is scheduled to open this Winter. If you have some extra time or an interesting hobby you would like to share with seniors living in the City Heights area, we would love to talk to you.

**If you are interested in becoming a volunteer, please contact  
Sinthya Carranza at (619) 236-6906 or [scarranza@sanidiego.gov](mailto:scarranza@sanidiego.gov)**

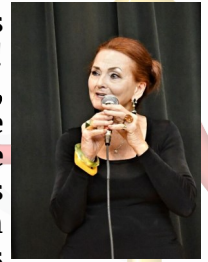


# Program Highlights

## Senior Talent Show



The 43<sup>rd</sup> Annual Senior Talent Show was a huge success thanks to the gifted performers who shared their talents with us! Thank you to judges, Louise Smith, Rob Appel, Nancy Cottrell, Christophver R and Darlene Lane, for donating their valuable time to select this year's performers. We especially appreciate Rosemarie Ballard and Joni Wilson for their personal touches they put forth in making the Talent Show a triumph. Both ladies spent quite a bit of time creating the line up, giving tips to the performers and emceeing the event. Special kudos to volunteer Steve Tom, Stage Manager, and crew for ensuring each act went off without a hitch, Dian Self (Photographer) and Christophver R (Videographer) for capturing the special moments on film. We would like to acknowledge all the volunteers and staff behind the scenes working together to produce a successful soldout show. Thank you to Lorea Herald for providing her time to be the keyboard accompanist. This year's event was generously sponsored by Sharp Healthcare and Heritage Senior Care, Inc.



Check out our video: <https://www.facebook.com/CityofSanDiego/videos/10157442812868154/>

## Senior Photography Contest Awards

The Annual Senior Photography Contest & Exhibit took place from June 25th through July 6th. All photographs were judged and on display at the City Administration Building at 202 C Street, San Diego, 92101. Please join us in congratulating the following participants who won in these categories.

### ALTERED/DIGITAL DARKROOM

1st	Don Fike	House Full of Memories
2nd	Donatel	Slomo: The Pacific Beach Legend
3rd	Tom Lorr	Racing the Storm

### ANIMAL

1st	Michael Heinzman	The Red Finch
2nd	Joel Young	Tiger
3rd	Dawn Duane Wolf	Honey Can I Have More Coffee?

### DESIGN

1st	Liz Hill	Fountain Breeze
2nd	Kathleen McLaughlin	Orange Peel
3rd	Gwen Small	Natures Abstracts: Bark I

### HUMAN

1st	James Lemen	Life Imitating Art
2nd	Carol Flanagan-Corsi	Prelude
3rd	Christophver R	Zoey

### MACRO

1st	Erica Miller	Eye of the Magnolia
2nd	Margarita Velazquez	Beauty of Nature
3rd	Wesley M. Farmer	Octopus

### NATURE/LANDSCAPE

1st	Chereyl Spink	Baby It's Cold Outside
2nd	Don Callahan	First Light on Mount Fitz Roy
3rd	Anne Goshen	Maui In Black & White



### PEOPLES CHOICE

Dawn Duane Wolf  
Honey Can I Have More Coffee?

A special thank you to this years' s Photo Art contest sponsors.

**SHARP**

Heritage  
Senior Care, Inc.  
Since 1983  
Your Home. Your Way.



# Senior Craft Sale



Saturday and Sunday  
November 17 and 18, 2018

10:00am – 3:30pm

Balboa Park, Casa del Prado

Patios A, B, and Room 101

(Located off Park Blvd., on Village Place)



ENTERTAINMENT

Registration Codes: **52094** and **52095**

**Attention Crafters (age 55 and better)**

***\*There is limited space available\****

Registration opens on **Monday, September 10 at 9:00am.**

Go to [www.SDRecConnect.com](http://www.SDRecConnect.com) to register and pay for a space.

(see page 3 for online registration information).

You may also register in person at the following locations:

War Memorial Building (3325 Zoo Drive San Diego, 92101) or  
Senior Citizen Services Office ( 202 C street, San Diego, 92101)

Staff will begin calling registered crafters on Thursday, September 13, by order of registration, to ask for your space requests. Crafters are limited to two spaces. Please have a few alternate options chosen. For more information or to receive a map of the spaces, call Senior Citizen Services at (619) 236-6905. There have been slight changes to space layout and we have added a Kids Zone as well as an Entertainment stage area.

**Fee schedule below includes Saturday and Sunday:**

\$20.00: 6' x 5' space is registration code [52094](#)

\$30.00: 10' x 10' space is registration code [52095](#)

**Event happens rain or shine. No refunds after October 18, 2018.**

# Senior Trips

## Pick-up locations:

**War Memorial Building:** 3325 Zoo Dr., San Diego (North end of Zoo parking lot)  
**South Clairemont Rec. Center:** 3605 Clairemont Dr., San Diego (street parking)

**\*\*Bus seating is prioritized by registration date\*\***

## Trip Departure Information

It is your responsibility to call the Senior Citizen Services office at (619) 236-6905, one week prior to trip departure, to confirm your pick-up time. Pick-up times typically range from 7:00am to 8:30am

## Transaction Fees/Refund Policy

\*Requests for refunds will be allowed with a minimum of 20 business days. Refunds will only be processed for transactions of \$10.00 or more.

\*Refund checks will be mailed and may take up to 30 days to receive.

\*A \$2.00 transaction fee and a 3% credit card convenience fee will be charged for every transaction. These fees are nonrefundable.

\*No refunds for failure to board bus at the assigned time and place.

\*All scheduled tours will operate rain or shine unless the main attraction of a tour is cancelled by the service provider, in which case you will be notified as soon as possible and issued a refund.

\*Senior Citizen Services will not refund due to unforeseen delays i.e. traffic delays, weather or other events beyond our control.

\*We reserve the right to cancel or alter any tour when circumstances require.

\*Senior trips are subject to cancellation and refund IF minimum enrollment is not met. You will be notified of trip cancellations within 3 days of the trip date.

**For refund or cancellation inquiries, please contact Jazmin Garcia at (619) 533-4702.**

## Summer 2018 Trips



Living Coastal Discovery Center



Warner Brothers Studio Tour



Pomona Kellogg's House Tour



# Senior Trips

Register for Senior Trips online at [www.SDRecConnect.com](http://www.SDRecConnect.com)

Trips fill up quickly (see page 3 for more information): Register early!

\*\$2.00 transaction and 3% credit card fees will be applied at check-out.

**This trip is full. Waitlist available.**

## Docent Led Tour of San Diego's Unique Neighborhoods and 7-Bridges

**Thursday, September 20 \$34.00\***

Registration Code: [52068](#)



The varied and unique beauty of San Diego will be evident on this local tour. Our first stop will be to view the remarkable murals of Barrio Logan. From there, we will cross the Coronado Bay Bridge to survey the mansions on the island. We will then stop at the Ferry Landing for lunch and shopping. Shortly thereafter, we will visit the seven historical bridges; promptly followed by a tour of the beautiful Mission Hills homes. Our final stop will be Heritage Park, adjacent to Old Town, site of historic Victorian buildings. You will have plenty of opportunities to get off the bus, walk, and view these wonders. This trip includes transportation and driver gratuity. **Lunch is on your own.** *Returning to San Diego at approximately 5:00pm.*

**Activity Level: Light - Moderate**

## Day of the Dead in Old Town and docent led tour of The Whaley House

**Thursday, November 1 \$26.00\***

Registration Code: [54617](#)



Join us on a docent led tour of the number one most haunted house in the United States! Learn the history of each room of the house and ask questions as you tour. After our tour, we invite you to culturally immerse yourself in traditional and authentic Mexican Dia de los Muertos (Day of the Dead) celebrations throughout Old Town, San Diego. The Dia de los Muertos festivities will feature live music, food, face painting, artisan shows, sugar skull workshops and more. This trip includes the docent led tour of the Whaley House and transportation. **Lunch is on your own.** *Returning to San Diego at approximately 4:00pm.*

**Activity Level: Easy-Moderate**

## Bowers Museum and Knights in Shining Armor Exhibit

**Tuesday, October 16 \$57.00\***

Registration Code: [54376](#)



The Bowers Museum is an art museum located in Orange County, California. The museum's permanent collection includes more than 100,000 objects, and features notable strengths in the areas of pre-Columbian Mesoamerica, Native American art, the art of Asia, Africa, Oceania, and California plein-air painting. Included in admission to the museum is access to the Knights in Shining Armor Exhibit. This exhibit features stunning masterpieces of European arms and armor, dating from the Medieval and Renaissance ages to the Romanticized Medieval revival of the 1800s. This trip includes transportation, admission, driver gratuity, optional docent lead tour, free smartphone audio tour, and 20% discount in the Gallery Store! **Lunch is on your own.** *Returning to San Diego at approximately 8:30pm.*

**Activity Level: Light - Moderate**

## Tom's Farm & The Mission Inn Holiday Festival of Lights

**Monday, December 10**

**Cost With Tour.....\$55.00\***

**Cost Without Tour.....\$39.00\***

Registration Code: [55968](#)



Allow yourself to be swept away by more than 3.6+ million brilliant holiday lights decorating over 400 animated characters, transforming Riverside's historic hotel into pure magic. On the way to the Mission Inn, we will stop for 1.5 hours at Tom's Farms for shopping. ***IMPORTANT!*** *The holiday lights turn on at 5:00pm. The hotel tour is 75 minutes long and starts at 3:20pm, 3:40pm, and 4:00pm. We will depart the hotel at 6:00pm.* This trip includes transportation, driver gratuity, and docent led tour of the Mission Inn. **Lunch is on your own.** *Returning to San Diego at approximately 9:00pm.*

**Activity Level: Moderate - High**

**If paying in person, make check payable to City Treasurer or exact change.**



# Dances

The following dances are held on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month at the Balboa Park Club (2150 Pan American Road West), located off of Park Blvd. and Presidents Way. There is a \$5.00 charge at the door, which includes live entertainment, light snacks, refreshments and prizes. Park on the East side of Park Blvd and Presidents Way. If parking is limited, you can ride the green shuttle tram for free. **Exact change or check made out to, the City Treasurer, is required..**

Activity Code: [21839](#)

For more information, call (619) 236-6905.



## Move and Groove Dance Lessons

Registration Code: [55196](#)

12:00pm-12:45pm

September 13 & 27

October 11 & 25

November 8

December 13

Join us for our new dance program, *Move and Groove*, which will be held before each of the dances at the Balboa Park Club. Your instructor will lead you in becoming more comfortable with dancing. Try it! You will have a great time! Cost is \$5.00 and includes dance instruction and admission to the dance. All levels of dancers are welcome.



## LAS VEGAS

Thursday, September 13

1:00pm - 3:30pm

Wear your swanky casino clothes and dance in our Las Vegas Casino! If you don't want to dance, stop by our free black jack or bingo tables and win a fun prize. Live music provided by **The Sundance Band**.

## Sock Hop

Thursday, September 27

1:00pm - 3:30pm

Dress in your preferred 50's attire and dance to your favorite songs from this era. Enjoy a root beer float and get your picture taken! Live music provided by **Janet Hammer and the Rhythm Express**.



## Hurray for HOLLYWOOD

Thursday, October 11

1:00pm - 3:30pm

Dress in your favorite cinema legend outfit and join us as we celebrate Hollywood and all its magical glory. Who knows, maybe you will win an Oscar for your outfit? Live music provided by **The Sophisticats**.

## Costume

Thursday, October 25

1:00pm - 3:30pm

Calling all ghosts and goblins! Dress in your scary, unique, or funny costume and win a prize!! Live music will be provided by **The Sundance Band**.



## Veterans

Thursday, November 8

1:00pm - 3:30pm

Now is the time to acknowledge and honor those who served our country. **Veterans will receive free dance admission.** Music provided by **The Sophisticats**.

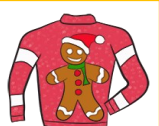


## Holiday Sweater

Thursday, December 13

1:00pm - 3:30pm

Break out those decorative, funny or unique holiday sweaters! Prizes will be given to those whose sweaters stand out! Live music provided by the **Sundance Band**.



# Balboa Park Senior Lounge

The Balboa Park Senior Lounge is located between the Natural History Museum and the Lily Pond.  
(1650 El Prado, room 105, San Diego, 92101)

## OPEN LOUNGE HOURS

For more information about the Lounge, call (619) 384-4619.

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am-12:00pm	9:30am-12:00pm	9:30am-12:00pm	9:30am-12:00pm	9:30am-3:30pm

Thanks to a wonderful group of volunteers, **ALL** of these activities are **FREE**.

**The Senior Office and Balboa Park Senior Lounge will be closed on Sep. 3, Nov. 12 and Nov. 22**

## Art Philosophy Group

Registration Code: [52098](#)

**3rd Mondays: 10:00am-11:30am**

(This activity must have a minimum of 5 participants to be offered)

**September 17** Contextualist approaches to art, including work of Arnold Hauser's Social History 1  
**October 15** Contextualist approaches to art, including work of Arnold Hauser's Social History 2  
**November 18** Psychological approaches- Freud and his successors.

*Must contact activity leader in advance to obtain required material for upcoming discussion.*

Activity Leader: Jim ([jim@lachlancreative.com](mailto:jim@lachlancreative.com))

## Taking Transit 101

Registration Code: [52099](#)



**3rd Tuesdays: 11:30am-1:00pm**

**September 18**

**October 16**

**November 19**

Using the trolley and bus for the first time can be intimidating for anyone, including seniors. But with the right instruction, anyone can use transit and live a more fulfilling and independent life. This workshop is intended to teach seniors the skills needed to successfully use San Diego's public transit system. Learn how to read bus and trolley schedules, use wheelchair ramps and apply for senior discounts.

Instructors: MTS Volunteers

## Drawing, Painting & Watercolor

Registration Code: [55961](#)

**Every Tuesday: 1:00pm-3:30pm**

Learn basic watercolor techniques that will give you a solid foundation for watercolor painting. Faculty demonstrations will show you how to paint washes, wet and dry brush techniques and color layering and blending. Learn how to create interesting effects that will improve your paintings and help you achieve exciting results. Work at your own pace.

Instructor: SDCCD Staff

## Communicating Through Technology

Registration Code: [55960](#)

**Select Wednesdays: 1:00pm-2:30pm**

**September 19**

**October 3 & 24**

**November 7 & 21**

Communicating with Technology introduces the online world including the basics of the web, tools to communicate (smartphones and tablets), email, social networks and much more.

Instructor: SDCCD Staff

## Otherwise Improvise

Registration Code: [18791](#)

**Every Wednesday: 2:45pm-5:00pm**

Come learn how to make it real! Join us every Wednesday for an improvisational workshop. Learn the secrets of being in the moment. Experience out of mind travel, faster than a motormouth! If you have good timing you don't need anything else except fresh breath!

Activity Leader: Christophver R (619) 569-4922

# Senior Lounge continued

For information about the Senior Lounge, call (619) 384-4619. Thanks to a wonderful group of volunteers, **ALL of these activities are FREE.**

## Balboa Park Walk

Registration Code: [49226](#)

**1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Thursdays : 10:00am**  
**September 6 & 20      October 4 & 18      November 1, 15 & 29**

Balboa Park is a beautiful place to take a walk and enjoy the company of peers. Interested walkers, please gather at the Lounge. The walks start at **10:15am** sharp. All levels of ability are welcome. Activity Leader: Joe F

## Needle Crafts

Registration Code: [21983](#)

**1<sup>st</sup> and 3<sup>rd</sup> Fridays: 9:30am -11:00am**  
**September 7 & 21      October 5 & 19      November 2 & 16**

Join our needle craft group making shawls, blankets, sweaters, scarves and more. Yarn, knitting needles, and crochet hooks will be provided but feel free to bring your own. Activity Leader: Helene

## Must See Movies

Registration Code: [52191](#)

**3rd Fridays: 1:00pm-3:30pm**

Come watch distinguished films that have transcended time and trends. Enjoy a flick and a snack in the company of other movie lovers. Your film host will introduce each movie and then lead a question and answer session afterwards.

**September 21** Guess Who's Coming to Dinner – Sidney Poitier, Katherine Hepburn, Spencer Tracy  
**October 19** The Searchers – John Wayne, Natalie Wood, Jeffrey Hunter  
**November 16** Friendly Persuasion – Gary Cooper, Dorothy McGuire, Anthony Perkins

Activity Leader: Bob

## Poetic Legacy Program

Registration Code: [34127](#)

**Last Fridays: 3:30pm-5:00pm**

This monthly workshop involves a detailed exploration of famous and not-so-famous contemporary and historic poets. Taking prompts from the featured poets, participants are encouraged to write their own poetry.

**September 28**  
James Vickey

**October 26**  
Maxine Kumin

**November 30**  
Federico Garcia Lorca

Activity Leader: Christophver (619) 569-4922

## Board and Card Games

Registration Code: [52096](#)

**Every Saturday: 10:00am -12:00pm**

Gather with your friends or meet new people in the heart of beautiful Balboa Park. There are a variety of board and card games available for you to use. Stimulate your brain; be social; learn a new game or share your skills with others.

Activity Leader: City Staff

## Bingo

Registration Code: [52270](#)

**Every Saturday 1:30pm-3:00pm**

Spend your afternoon at the lounge and meet new friends. If you are lucky you may win a prize!

Activity Leader: Delilah



# Senior Lounge continued

For information about the Senior Lounge, call (619) 384-4619. Thanks to a wonderful group of volunteers, **ALL of these activities are FREE.**



## LUNCH & LEARN

**Registration Code: 55962**

Lifelong learning refers to the concept of gaining knowledge throughout life through educational and training opportunities. The **Lunch and Learn** series is for those individuals 55 years and better.

Life learning classes can: Promote self-reliance and aging in place, improve cognitive function, enhance quality of life, build upon a current skill, ability to take better care of health, increase sense of self-reliance, boost health and wellness, stimulate better mental health, and more.



### LOCATION INFORMATION

The programs listed below are offered at the  
**Balboa Park Senior Lounge**, located at 1650 El Prado, San Diego 92101,  
from **12:30pm-1:30pm every other Wednesday**. **Check in starts at 12:15pm**  
*Registration is required by the Monday before each session by calling (619) 236-6905.*

#### Sharp Rees-Steely Lunch and Learns – Lunch is provided – Free!

Join Sharp Rees-Steely in collaboration with the City of San Diego Parks and Recreation Department for a series of free health and wellness programs:

- |                     |   |
|---------------------|---|
| <b>September 26</b> | Melissa Hughes, RDN: Weight Management: Basic Techniques for Long Term Success                    |
| <b>October 31</b>   | Yesenia Alvarado, Wellness Education Specialist: Coping with Life- Strategies for Managing Stress |
| <b>November 28</b>  | Trent Timmons, Medicare Specialist: Medicare Overview   |

#### Lunch is NOT provided at the following Lunch and Learns:

##### **September 12**

##### **Community Cancer Awareness Initiative**

This short presentation will provide you with an honest view of one man's exploration of cancer treatment options and treatment experiences. You will come away with a greater understanding of your options, as well as a sense of empowerment to choose the best treatment for you. *Bring your own lunch.*

Instructor: Sal Mariscal

##### **October 10**

##### **The Importance of Socialization in the Lives of Seniors**

Social Interaction is one of the 5 pillars of Successful Aging in the ACT III Plan developed by the National Aging in Place Council. This workshop covers social interaction; a vital component of our lives, examples, impediments and solutions- low tech and high tech! Fritzi's national award-winning book, "Grace and Grit: Insights to Real Life Challenges of Aging", highlights the complexity of families, communications and how important it is to have others in our lives. *Bring your own lunch.*

Instructor: Fritzi Gros-Daillon

##### **November 14**

##### **Essential Oils 101**

Learning about the amazing and powerful benefits of therapeutic-grade essential oils is fascinating; but, it can also be overwhelming. One oil may have dozens of unique common uses, and trying to keep it all straight can, at times, seem daunting. Learn about the basics of getting started utilizing essential oils. *Bring your own lunch.* Dessert will be provided.

Instructor: Dee Jerge

# ACTIVITIES AT THE WAR MEMORIAL BUILDING

The following programs are conducted by volunteers at the War Memorial Building  
(3325 Zoo Dr., San Diego, 92101. North end of Zoo parking lot)  
For more information, call Senior Citizen Services at (619) 236-6905.  
**ALL of these activities are FREE**

## Mah Jongg

Registration Code: [18015](#)

**Every Monday: 9:00am - 2:00pm**

Feel free to participate the entire time or drop in for an hour or two. Enjoy a friendly game. Everyone is welcome!

## Yoga for Seniors

Registration Code: [52100](#)

**Every Wednesday: 9:30am - 10:45am**

Yoga is for everyone! You will not be asked to twist yourself into a pretzel. This is a beginner level activity which focuses on a gentle approach to increasing your flexibility and balance. Wear comfortable, loose fitting clothing and arrive on time.

Activity Leader: Maria

## Laugh Hour



Registration Code: [49228](#)

**Every Wednesday: 11:00am - 12:00pm**

If you can breathe, you can laugh! Scientific studies show that laughter: may reduce pain, can aid digestion, lowers stress, fights depression, lowers fear, reduces anger, improves learning, improves communication, helps relax, improves immune system and more!

Activity Leader: Alicia

## Free Dance Lessons: Dancing, Rollers & Walkers

**Select Thursdays: September 6, 13, 20, 27, October 4, 11, 18, 25**

**10:00am to 11:00am – Social Dancing**

**11:00am to 12:00 pm – Dance Instruction**



Spin your wheels to the rhythm of Cha-Cha, line dance and “Soul Train” with a dance volunteer.

**Danceability Showcase**

**Fundraiser September 29, 12:00pm- 4:00pm**

For more information, contact Karma La Donna at (562) 631-9494

[WHEELCHAIRDANCERS.ORG](http://WHEELCHAIRDANCERS.ORG) Like our Facebook Page!

## What's Your Story / Free to Act

Registration Code: [46792](#)

**2nd and 4th Thursdays: 10:00am – 2:00pm**

**September 13 & 27**

**October 11 & 25**

**November 8**

Your story is important! Share and develop your history. Improve performance skills and ability. Learn the secrets of audition techniques. Prepare for theatre festivals, talent shows, video and play auditions. Discover those talents you always knew were there.

Activity Leader: Christophver (619) 569-4922

## Travel Club

Registration Code: [34125](#)

**Select Fridays: 10:30am - 12:00pm**

**September 14**

**October 12**

**\*No meeting in November\***

Join the Travel Club and share your travel experiences! Learn about some travel destination specials. Meet others with similar travel interests. Find a travel partner.

Activity Leader: Jessica

# ACTIVITIES AT THE SANTA FE ROOM

The following programs are conducted by volunteers at the Santa Fe Room in Balboa Park (2150 Pan American Road West, San Diego, 92101), next to the Balboa Park Club Ballroom. For more information, call Senior Citizen Services at (619) 236-6905.

**ALL of these programs are FREE**



**Piano Notes**  
**Last Tuesdays**  
**10:00am - 11:45am**  
**September 25**  
**October 30**  
**November 27**

Registration Code: [18019](#)

If you enjoy playing or listening to the piano, join us at the Santa Fe Room. This is a great opportunity to meet new friends and enjoy music. For questions, call Lee at (619) 228-1331.

Activity Leader: Lee

**Poetry Party:**  
**"The Poetical Party of Choice"**

**First Fridays**  
**2:30pm-5:00pm**  
**September 7**  
**October 5**

**November 2 (Senior Lounge)**  
Registration Code: [49229](#)



Come read your favorite poetry, listen, or make the scene. Be bold, adventurous, and experience first hand the power of the spoken word. Performance poetry groups are now forming.

Activity Leader: Christophver R

## WORDSTOCK

### "Festival of Oral Glory"

Featuring writers from the  
San Diego Poetry Annual  
& Open Mic

Registration code: [55966](#)

5:00pm      Open Mic Sign-ups  
7:00pm      Featured Poets from  
SD Poetry Anthology



**Friday, October 5th, 5:00pm - 8:30pm**

Santa Fe Room, Balboa Park Club, 2150 Pan American Road West, San Diego, 92101  
Information: (619) 236-6905 or Christophver R (619) 569-4922



# Co-Sponsored Events

The City of San Diego Parks & Recreation Department Senior Citizen Services is proud to sponsor the following programs.

## San Diego Senior Games Healthy Luncheons

**Select Fridays: 12:00pm-1:30pm**

**Cost \$5.00 (includes lunch)**

**September 14**

**October 12**

**November 9**

United Health Care – Close up view of what is right for you

Dianne Durbin – SDG&E – Make the most of your electricity

Holistic Care – Cannabis Medicine – Healing without the High

**The sessions listed above are offered at the War Memorial Building,  
located at 3325 Zoo Drive, San Diego 92101.**

***For RSVP and questions, please call (858) 292-5812***

## National Active and Retired Federal Employees Association

National Active and Retired Federal Employees Association (NARFE): NARFE is dedicated to protecting the earned rights and benefits of current and retired federal employees. Meetings, open to the general public, are held in the auditorium of the War Memorial Building (3325 Zoo Drive, San Diego 92101) on the 2<sup>nd</sup> Monday of each month starting at 1:00pm. Check our website, [NARFESanDiego.org](http://NARFESanDiego.org), for current information on our program schedule.



## Planning Ahead...Learn How to Ensure Your Decisions Will Be Honored

**Wednesday, October 24, 2018 9:00am-2:00pm**

Balboa Park Club (2150 Pan American Road West, San Diego 92101)

Produced with the San Diego Community Action Network (Sandi-CAN), this **FREE** conference will help seniors and families learn how to navigate end-of-life options and make better informed decisions. Participants will be able to identify goals and understand the importance of making decisions now!

To register call (619) 236-6905

## SanDi-CAN

**Last Tuesdays: 10:30am-12:00pm**

**September 25 & November 27**

Action Network develops community partnerships that work on projects to enhance the lives of older adults and adults with disabilities living in neighborhoods within the City of San Diego. Our vision is that older adults and adults with disabilities and those who care for them are able to maintain their purpose, voice and independence, living healthy, safe and fulfilling lives with dignity and respect. Our mission is to be San Diego City's consumer and service provider network, collectively advocating for and affecting policy changes to ensure the equality and advancement of older adults and adults with disabilities. Meetings are open to the public and there is no charge. Meetings take place at the War Memorial Building, 3325 Zoo Dr., Room 3, San Diego, 92101.

**No meeting in October. Join us on October 24 (event listed above)**



# City of San Diego

## Parks and Recreation Programs

Visit your neighborhood pool or local beach:

ALLIED GARDENS	6707 Glenroy Street, 92120	(619) 235-1143
BUD KEARNS	2229 Morley Field Drive, 92101	(619) 692-4920
CARMEL VALLEY	3777 Townsgate Drive, 92130	(858) 552-1623
CITY HEIGHTS	4380 Landis Street, 92105	(619) 641-6126
COLINA DEL SOL	4150 54th Place, 92115	(619) 235-1147
CLAIREMONT	3605 Clairemont Drive, 92117	(858) 581-9923
KEARNY MESA	3170 Armstrong Street, 92111	(858) 573-1389
MARTIN LUTHER KING JR.	6401 Skyline Drive, 92114	(619) 527-3451
MEMORIAL	2902 Marcy Avenue, 92113	(619) 235-1139
NED BAUMER	10440 Black Mountain Road, 92126	(858) 538-8083
SWANSON	3585 Governor Drive, 92122	(858) 552-1653
TIERRASANTA	11238 Clairemont Mesa Blvd., 92124	(858) 636-4837
VISTA TERRACE	310 Athey Avenue, 92173	(619) 424-0469

### BEACH WHEELCHAIR

Take a free one-hour ride on our power-driven beach chairs located at Mission Beach. This program is available to individuals with mobility disabilities or those who are not otherwise able to walk unaided on the beach. Reservations are not required, but are recommended.

Closed January—February.

#### March – April

Friday, Saturday, Sunday 11:30am – 3:30pm

#### May – October

Monday, Wednesday–Friday 11:30am – 4:30pm

Saturday–Sunday 11:30am – 5:30pm

Closed Tuesdays

#### November – December

Friday, Saturday, Sunday 11:30am – 3:30pm

To reserve, please call (619) 980-1876 during the above listed beach hours or (619) 525-8247 during non-beach hours.



Visit [www.sandiego.gov/leisure](http://www.sandiego.gov/leisure) for local Recreation Centers near you.

# Community Events

## Community Centers

Ed Brown Center (Rancho Bernardo)	18402 W. Bernardo Dr., San Diego	(858) 487-9324
42nd District Senior Center	570 South 65 <sup>th</sup> Street, San Diego	(619) 266-2066
La Jolla Community Center	6811 La Jolla Blvd., San Diego	(858) 459-0831
Mira Mesa Senior Center	8460 Mira Mesa Blvd., San Diego	(858) 860-5355
San Ysidro Senior Center	125 East Park, San Diego	(619) 424-0472
Clairemont Friendship Center	4425 Bannock Avenue, San Diego	(858) 483-4007
Mary and Gary West Senior Wellness Center	1525 4th Avenue, San Diego	(619) 235-6538



Call 1 (800) 827-4277 or register online at [sharp.com](http://sharp.com)

### UNDERSTANDING HOW MEDICARE WORKS

**September 11, October 9, November 14,**  
**6:00pm-7:30pm**

Sharp HealthCare Corporate Office, 8695 Spectrum Center Blvd., San Diego 92123. If you are turning 65, or you are still working and planning to retire soon, it is time to start thinking about Medicare and your options. Learn about Medicare Parts A & B, special enrollment requirements if you start using Medicare after age 65, and the difference between Medicare Advantage and Medicare supplemental plans.

### MOTION IS LOTION

#### STRENGTHENING YOUR BACK

**September 19, 12:00pm- 1:00pm**

North University Community Library, Community Room: 8820 Judicial Drive, San Diego 92122. Find out the top 10 things you can do to stay healthy at this free presentation. A wellness education specialist & registered dietitian will cover a range of topics from sun protection to stress management and diet & exercise tips. Other topics include information on how to: achieve a healthy body weight, get your five servings of fruits and veggies a day, stop smoking, wash your hands properly and get a better night's rest.

### DISASTER EXPO

**September 22, 9:00am-2:00pm**

Liberty Station, 2455 Cushing Rd, San Diego 92106. Natural Disaster can strike quickly and without warning. Attend Sharp HealthCare's free community event to learn how to protect you and loved ones in the event of an emergency. Expo includes exhibits, demonstrations and emergency planning information. No registration needed.

### RESOURCES AND TOOLS FOR THE FAMILY CAREGIVER

**September 24, 10:00am-11:30am**

Sharp Health Plan Conference Rooms 124A-125A 8520 Tech Way San Diego, CA 92123. Family caregivers can learn about health and community resources, placement options, support groups and more from Andrea Holmberg, Program Coordinator, Sharp Senior Resource Centers. Discussion includes emotional issues people face when caring for a loved one and coping techniques that can help relieve stress.

### SENIOR HEALTH & WELLNESS FAIR

**October 3, 10:00am -12:00pm**

Point Loma Community Presbyterian Church, 2128 Chatsworth Blvd., San Diego 92107. The Sharp Senior Resource Center hosts our annual Senior Health Fair featuring flu shots, health screenings, health and community information and more! No registration needed.

## **Free Legal Assistance**

Elder Law & Advocacy offers FREE legal services (donations are welcome) to senior citizens, 60 years and older, on an appointment basis, at 202 C Street, San Diego. **For an appointment, please call Senior Citizens Legal Services at (858) 565-1392 ext. 200 or (619) 425-2460 ext. 205 or 208.**

## **Aging and Independence Services – County of San Diego**

AIS provides services to older adults, people with disabilities and their family members, to help keep clients safely in their homes, promote healthy and vital living, and publicize positive contributions made by older adults and persons with disabilities. **For more information call (800) 510-2020. Outside San Diego County, call toll-free 1 (800) 339-4661.**



# September 2018

Mon	Tues	Wed	Thurs	Fri	Sat / Sun
<b>KEY:</b> <b>BPL = Balboa Park Lounge 1650 El Prado, SD 92101</b> <b>WMB = War Memorial Building, 3325 Zoo Drive, SD 92101</b> <b>SFR = Santa Fe Room 2144 Pan American Rd W, SD 92101</b> <b>BPC=Balboa Park Club, 2144 Pan American Rd W, SD 92101</b>					1 Board Games 10:00a-12:00p BPL Bingo 1:30p-3:00p BPL <hr/> 2
3 <b>Labor Day Closed</b>	4 Drawing & Painting Watercolor Class 1:00p-3:30p BPL	5 Yoga 9:30a-10:45a WMB Laugh Hour 11:00a-12:00p WMB Otherwise Improvise 2:45p-5:00p BPL	6 Balboa Park Walk 10:00a BPL	7 Needle Crafts 9:30a-11:00a BPL  Poetry Party 2:30p-5:30p SFR	8 Board Games 10:00a-12:00p BPL Bingo 1:30p-3:00p BPL <hr/> 9
43rd Annual Senior Art Display					
10 Mah Jongg 9:00a-2:00p WMB  NARFE 1:00p WMB	11 Drawing & Painting Watercolor Class 1:00p-3:30p BPL	12 Yoga 9:30a-10:45a WMB Laugh Hour 11:00a-12:00p WMB Lunch & Learn 12::30p-1:45p BPL Otherwise Improvise 2:45p-5:00p BPL	13 Free To Act 10:00a-2:00p WMB  Move & Groove 12:00p-12:45p BPC  Dance “Las Vegas” 1:00p-3:30p BPC	14 Travel Club 10:30a-12:00p WMB  Healthy Luncheon 12:00-1:30p WMB  Must See Movies 1:00p-3:30p BPL	15 Board Games 10:00a-12:00p BPL Bingo 1:30p-3:00p BPL <hr/> 16
43rd Annual Senior Art Display					
17 Mah Jongg 9:00a-2:00p WMB  Art Philosophy 10a-11:30a BPL	18 Transit 101 10:30a BPL  Drawing & Painting Watercolor Class 1:00p-3:30p BPL	19 Yoga 9:30a-10:45a WMB Laugh Hour 11:00a-12:00p WMB Comm w/ Tech 1:00p-2:30p BPL Otherwise Improvise 2:45p-5:00p BPL	20 <b>Senior Trip Unique Neighborhoods &amp; 7-Bridges</b>  Balboa Park Walk 10:00a BPL	21 Needle Crafts 9:30a-11:00a BPL	22 Board Games 10:00a-12:00p BPL Bingo 1:30p-3:00p BPL <hr/> 23
24 Mah Jongg 9:00a-2:00p WMB	25 Piano Notes 10:00a-11:45a SFR SanDi-CAN 10:30a-12:00p WMB Drawing & Painting Watercolor Class 1:00p-3:30p BPL	26 Yoga 9:30a-10:45a WMB Laugh Hour 11:00a-12:00p WMB Lunch & Learn 12::30p-1:45p BPL Otherwise Improvise 2:45p-5:00p BPL	27 Free To Act 10:00a-2:00p WMB  Move & Groove 12:00p-12:45p BPC  Dance “Sock Hop” 1:00p-3:30p BPC	28 Poetic Legacy 3:30p-5:00p BPL	29 Board Games 10:00a-12:00p BPL Bingo 1:30p-3:00p BPL <hr/> 30

# October 2018

Mon	Tues	Wed	Thurs	Fri	Sat / Sun
1 Mah Jongg 9:00a-2:00p WMB	2 Drawing & Painting Watercolor Class 1:00p-3:30p BPL	3 Yoga 9:30a-10:45a WMB Laugh Hour 11:00a-12:00p WMB Comm w/ Tech 1:00p-2:30p BPL Otherwise Improvise 2:45p-5:00p BPL	4 Balboa Park Walk 10:00a BPL	5 Needle Crafts 9:30a-11:00a BPL Poetry Party 2:30p-5:00p SFR  <b>Wordstock</b> 5:00p-8:30p SFR	6 Board Games 10:00a-12:00p BPL Bingo 1:30p-3:00p BPL <hr/> 7
8 Mah Jongg 9:00a-2:00p WMB  NARFE 1:00p WMB	9 Drawing & Painting Watercolor Class 1:00p-3:30p BPL	10 Yoga 9:30-10:45a WMB Laugh Hour 11:00a-12:00p WMB Lunch & Learn 12:30p-1:45p BPL Otherwise Improvise 2:45p-5:00p BPL	11 Free To Act 10:00a-2:00p WMB Move & Groove 12:00p-12:45p BPC Dance "Hurray for Hollywood" 1:00p-3:30p BPC	12 Travel Club 10:30a-12:00p WMB Healthy Luncheon 12:00p-1:30p WMB	13 Board Games 10:00a-12:00p BPL Bingo 1:30p-3:00p BPL <hr/> 14
15 Mah Jongg 9:00a-2:00p WMB  Art Philosophy 10a-11:30a BPL	16 Transit 101 10:30a BPL  Drawing & Painting Watercolor Class 1:00p-3:30p BPL  <b>Senior Trip Bowers Museum</b>	17 Yoga 9:30-10:45a WMB Laugh Hour 11:00a-12:00p WMB Otherwise Improvise 2:45p-5:00p BPL	18 Balboa Park Walk 10:00a BPL	19 Needle Crafts 9:30a-11:00a BPL Must See Movies 1:00p-3:30p BPL	20 Board Games 10:00a-12:00p BPL Bingo 1:30p-3:00p BPL <hr/> 21
22 Mah Jongg 9:00a-2:00p WMB	23 Drawing & Painting Watercolor Class 1:00p-3:30p BPL	24 Yoga 9:30a-10:45a WMB Laugh Hour 11:00a-12:00p WMB Comm w/ Tech 1:00p-2:30p BPL Otherwise Improvise 2:45p-5:00p BPL	25 Free To Act 10:00a-2:00p WMB Move & Groove 12:00p-12:45p BPC Dance "Costume" 1:00p-3:30p BPC	26 Poetic Legacy 3:30p-5:00p BPL	27 Board Games 10:00a-12:00p BPL Bingo 1:30p-3:00p BPL <hr/> 28
29 Mah Jongg 9:00a-2:00p WMB	30 Drawing & Painting Watercolor Class 1:00p-3:30p BPL	31 Yoga 9:30-10:45a WMB Laugh Hour 11:00a-12:00p WMB Lunch & Learn 12:30p-1:45p BPL Otherwise Improvise 2:45p-5:00p BPL	<b>KEY:</b> <b>BPL = Balboa Park Lounge 1650 El Prado, SD 92101</b> <b>WMB = War Memorial Building, 3325 Zoo Drive, SD 92101</b> <b>SFR = Santa Fe Room, 2144 Pan American Rd W, SD 92101</b> <b>BPC= Balboa Park Club, 2144 Pan American Rd W, SD 92101</b>		

# November 2018

Mon	Tues	Wed	Thurs	Fri	Sat / Sun
<b>KEY:</b> <b>BPL = Balboa Park Lounge</b> <b>1650 El Prado, SD 92101</b> <b>WMB = War Memorial Building</b> <b>3325 Zoo Drive, SD 92101</b> <b>SFR = Santa Fe Room,</b> <b>2144 Pan American Rd W, SD 92101</b> <b>BPC=Balboa Park Club,</b> <b>2144 Pan American Rd W, SD 92101</b>			<b>1</b> Balboa Park Walk 10:00a BPL  <b>Day of the Dead in Old Town and docent led tour of The Whaley House</b>	<b>2</b> Needle Crafts 9:30a-11:00a BPL	<b>3</b> Board Games 10:00a-12:00p BPL  Bingo 1:30p-3:00p BPL  <hr/> <b>4</b>
<b>5</b> Mah Jongg 9:00a-2:00p WMB	<b>6</b> Drawing & Painting Watercolor Class 1:00p-2:30p BPL	<b>7</b> Yoga 9:30a-10:45a WMB  Laugh Hour 11:00a-12:00p WMB  Comm w/ Tech 1:00p-2:30p BPL  Otherwise Improvise 2:45p-5:00p BPL	<b>8</b> Free To Act 10:00a-2:00p BPL  Move & Groove 12:00p-12:45p BPC  Dance "Veterans" 1:00p-3:30p BPC	<b>9</b> Travel Club 10:30a-12:00p WMB  Healthy Luncheon 12:00p WMB  Book Club 1:30p-3:30p BPL	<b>10</b> Board Games 10:00a-12:00p BPL  Bingo 1:30p-3:00p BPL  <hr/> <b>11</b>
<b>12</b> <b>Veteran's Day Closed</b>	<b>13</b> Drawing & Painting Watercolor Class 1:00p-2:30p BPL	<b>14</b> Yoga 9:30-10:45a WMB  Laugh Hour 11:00a-12:00p WMB  Lunch & Learn 12:30p-1:45p BPL  Otherwise Improvise 2:45p-5:00p BPL	<b>15</b> Balboa Park Walk 10:00a BPL	<b>16</b> Needle Crafts 9:30a-11:00a BPL  Must See Movies 1:00p-3:30p BPL	<b>17</b> Board Games 10:00a-12:00p BPL  Bingo 1:30p-3:00p BPL  <b>Senior Craft Sale 10:00am-3:30pm</b>  <hr/> <b>18</b> <b>Senior Craft Sale 10:00am-3:30pm</b>
<b>19</b> Mah Jongg 9:00a-2:00p WMB  Art Philosophy Grp 10:00a-11:30a BPL	<b>20</b> Transit 101 10:30a BPL  Drawing & Painting Watercolor Class 1:00p-2:30p BPL	<b>21</b> Yoga 9:30a-10:45a WMB  Laugh Hour 11:00a-12:00p WMB  Comm w/ Tech 1:00p-2:30p BPL  Otherwise Improvise 2:45p-5:00p BPL	<b>22</b> <b>Thanksgiving Day Closed</b>	<b>23</b>	<b>24</b> Board Games 10:00a-12:00p BPL  Bingo 1:30p-3:00p BPL  <hr/> <b>25</b>
<b>26</b> Mah Jongg 9:00a-2:00p WMB	<b>27</b> Piano Notes 10:00a-11:45a SFR  SanDi-CAN 10:30a-12:00p WMB  Drawing & Painting Watercolor Class 1:00p-2:30p BPL	<b>28</b> Yoga 9:30-10:45a WMB  Laugh Hour 11:00a-12:00p WMB  Lunch & Learn 12:30p-1:45p BPL  Otherwise Improvise 2:45p-5:00p BPL	<b>29</b> Balboa Park Walk 10:15a BPL	<b>30</b> Poetic Legacy 3:30p-5:00p BPL	



# Community Events



**SAN DIEGO Senior Games**

For Men and Women over 50+  
1500+ Athletes  
20+ Sports  
Celebrate 31 Years!

The City of  
**SAN DIEGO**  
Park and Recreation Department

**SDSeniorGames.org**

**Come Play with Us!**

- Olympic Style Games
- Special Events
- Healthy Luncheons
- and more!

## MUSEUM OF PHOTOGRAPHIC ARTS

Becky Moores Center for Visual Learning

### MOPA Fall Photo Programs

#### Photo Talk

**Friday, September 28**

**10:00am to 11:00am**

We'll take a look at how photographers in MOPA's museum collection have pictured the sights of autumn through photography

#### Four-Week Photography Course

**Tuesday: October 9, 16, 23 and 30**

**10:00am to 12:00pm**

We'll explore photogenic spots in Balboa Park to work on our composition, lighting and developing our photographic eye.

#### MOPA Guided Tour

**Friday, November 9**

**10:00am to 11:00am**

We'll tour MOPA's annual youth exhibition *Reverberate: Exploring Sound* and the iconic work of famous 20th century photographer Irving Penn.

**For more information or to register call: 619.238.7559**

# Sponsorship

Friend Sponsor

## Sponsor Opportunities

Senior Citizen Services would not be able to provide as many quality programs without the financial assistance of our community sponsors.

Thanks to these organizations for helping to improve the lives of San Diegans.

**For more information, contact:**  
**Marla Davis at (619) 236-6910**  
[MarlaD@saniego.gov](mailto:MarlaD@saniego.gov)

**We offer a variety of sponsorship and advertising options.**

## LOW COST CREMATION & BURIAL PLANS

*Simple, Dignified, Inexpensive*

### 1. CONTACT US ONLINE OR BY PHONE

We are here to help you in your time of need.

Simply call 858-391-1267 or online at [www.sdmsonline.com](http://www.sdmsonline.com)

### 2. JOIN EASILY FOR ONLY \$50

Whether you're planning ahead or need immediate assistance with the passing of a loved one. We can help!

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*San Diego Memorial Society*

**858-391-1267**

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# Sponsorships

Friend Sponsor

Friend Sponsor



UC San Diego  
SCHOOL OF MEDICINE

## We are seeking individuals:

- With elevated blood pressure: higher than 130 mmHg (upper number)
- Over the age of 60 years
- Able to perform moderate exercise

## You will receive:

- Laboratory blood tests
- 12 weeks of free Healthy Aging Education OR Tai Chi classes
- Blood pressure monitor
- Financial compensation up to \$300

**Call us for more information  
(619) 543-6686**

Study funded by  National Institutes of Health



**Since 1980, a proud community partner and trusted home care provider**

**Our Home Care Aides keep seniors safe and comfortable at home:**

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- Safe Ambulation
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- Meal Preparation
- Medication Reminders
- Transport to Appointments



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Gold Sponsor



**LEADERS IN SENIOR CARE**

St. Paul's Senior Services has cared for San Diego seniors since 1960. Our services have expanded to bring innovative choices to those seeking senior care resources. If you need advice please call us, if we can't help you, we'll find someone who can.

**We offer: independent living, assisted care, memory support, senior daycare, respite care, skilled nursing, PACE (Program of All-inclusive Care for the Elderly).**

**(619) 239-6900 StPaulsSeniors.org**



**ASSISTED LIVING & MEMORY SUPPORT**

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**Located in Bankers Hill**  
Affordable assisted living and private memory care apartments in an amazing location.  
**(619) 232-2996**  
Lic # 370804823



# City of San Diego Corporate Partner Official Sponsor



## Helping seniors remain healthy, active and independent.

At the Sharp Senior Health Centers, we combine medical excellence with compassionate care to help you feel your best. Our team specializes in geriatric medicine and will work closely with you to develop a customized plan for medical care, mental health services and resources like transportation and meal preparation. It's all part of the extraordinary level of care we call The Sharp Experience.

For more information or to make an appointment, visit [sharp.com/seniorhealth](https://sharp.com/seniorhealth) or call **858-262-8601** (Clairemont) or **619-557-3500** (Downtown San Diego).

**SHARP.**

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Senior Citizen Services  
Parks & Recreation  
Department  
202 C Street MS 1-A  
San Diego, CA 92101

**Return Service Requested**

**Would you like to go paperless?**

If so, please email [jbgarcia@sandiego.gov](mailto:jbgarcia@sandiego.gov), Subject: Paperless Scroll.  
Starting with the next quarter you will receive an electronic version of the  
Scroll, sent directly to your email.

The City of  
**SAN DIEGO**  
Parks and Recreation Department

**"To provide healthy, sustainable, and enriching environments for all."**

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, CREED, SEX, AGE, NATIONAL ORIGIN OR ANCESTRY, RELIGION, PREGNANCY, PHYSICAL OR MENTAL DISABILITY, VETERAN STATUS, MARITAL STATUS, MEDICAL CONDITION, GENDER (TRANSEXUAL AND TRANSGENDER), SEXUAL ORIENTATION, AS WELL AS ANY OTHER CATEGORY PROTECTED BY FEDERAL, STATE OR LOCAL LAWS. IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 525-8247) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. PRINTED ON RECYCLED PAPER.



*All City of San Diego parks and beaches are smoke free.*

